

(Breakthrough, Vol. VII, No. 4, Fall 1989)

HEMI-SYNC® WORKSHOP DEVELOPMENT AND PRESENTATION

by Jill Russell, L.C.S.P., Ronald Russell, M.A.

Jill Russell, ex-university librarian, is a remedial therapist in private practice in Cambridge, England, and is well known as a marathon swimmer for charity. Ronald Russell, sometime teacher and wartime officer with the Royal Air Force, is a lecturer, a moderator for Cambridge University Examination Syndicate, and has written eleven books (soon to be twelve) on a variety of subjects.

Stepping to the front of the lecture hall to strains of "Rule, Britannia," the Russells said that as the British contingent at the Professional Seminar, they were subtitling their presentation "Upstairs/Downstairs." An appropriate theme, since in their home in Cambridge, Jill uses Hemi-Sync on a one-to-one basis in her remedial therapy sessions upstairs, while Ronald Russell has an area downstairs with 10 headphones in order to conduct Hemi-Sync-based continuing adult education classes in the evenings.

Jill said she and Ronald began using Hemi-Sync themselves four years ago at a *GATEWAY VOYAGE®*, and have since taken the *HUMAN PLUS (H-PLUS®)* and *GUIDELINES®* programs and attended several professional seminars as well. She has found Hemi-Sync tapes very useful in her therapy sessions, both for clients and herself.

Jill noted that in her (upstairs) therapy room, *METAMUSIC®* (generally *Midsummer Night* or *Modem*) or *Surf* are constantly playing on an auto-reverse cassette player, with the Hemi-Sync background serving a number of functions. Many of her clients who did not know how to relax can do so now in the Hemi-Sync environment; they think of the sessions as a place to go for relaxation. The Hemi-Sync helps her because it allows her to get in touch with her own intuitive level while conducting massage treatments and to know just what to do. She also noted that the tapes serve as a good timer for sessions without her having to be distracted by a clock.

Many of Jill's clients, who cover a range of ages (from 3 to 82 years) and professions (though in Cambridge, most are professionals), ask for more information about Hemi-Sync after hearing a *METAMUSIC* tape. As a result, she has set up a borrowing library, and usually suggests that people start with the Discovery tapes. Though the tape library started out quietly, the word has spread, and now many clients and others are borrowing Hemi-Sync tapes. She noted that this, too, has been helpful in working with clients because many of the tools presented (e.g., the Resonant Energy Balloon) are helping in the healing processes.

Ronald's presentation began with a slide show of the (downstairs) room that has been outfitted for Hemi-Sync workshops. He said he thought he had "retired" as an educator, but due to his

enthusiasm about the Hemi-Sync process combined with the strong tradition in his area of continuing adult education via evening classes, he found himself setting up and running Hemi-Sync programs.

The first program established, called "Renewal and Development," consists of eight two-hour sessions once a week, is designed to give people tools for deep relaxation, stress management, meditative states, and to introduce H- PLUS techniques. The course is limited to eight to ten participants. It's begun with the Discovery tapes (the Russells' opinion is that *H-PLUS* is more effective if one is familiar with Discovery), and also includes four *H-PLUS* functions, some *METAMUSIC*, a video, an Explorer tape, a Robert Monroe talk, and a number of other tapes from the *GATEWAY EXPERIENCE*® in-home series. At the end of the course, each participant is given an album of six tapes (*Surf, Catnapper, Midsummer Night, Morning Exercise, Energy Walk, and Free Flow 10*). After the course, participants are invited back alone or in pairs to discuss the course and their personal responses. Some weeks after the course, all are asked back for an evening of tapes and discussion.

Also offered is an *H-PLUS* course, consisting of eight one-and-one-half-hour daytime sessions once a week, and an *H-PLUS* workshop program, with five one-day workshops consisting of eight *H-PLUS* tapes each. He said some custom-tailored *H-PLUS* courses are provided for Jill's patients and people referred by other therapists. He also talked of an on-going project, in which five self-selected students are using Hemi-Sync tapes to reduce the intense stress of university entrance examinations.

Ronald said the reaction to the courses has been very good. Keeping his audience in mind, he is careful to avoid mention of OBEs, healing, cures, etc., but talks of the tapes and processes as a "support" for wellness. He said the tape more people have problems with is Discovery #4—*Emotional Cleansing*. He added that a number of the professionals who have taken a course are now using Hemi-Sync in their professions (e.g., an art therapist, a creative writing instructor, a maternity nurse).

In conclusion, the Russells proposed a Health Support Network. Their suggestion was that using TMI as a central data base, professional members in the healing arts throughout the world can report their techniques and successes in working with Hemi-Sync, so that information will be readily available to those who need it.